



312 N River Street, Ypsilanti MI

734-483-1520

www.ypsifoodcoop.org

Ypsi Mix

Shop Your Co-op for the Holidays!

—By Lisa Bashert

You will notice that all the images in this newsletter are suggestions and gift ideas from your Co-op, especially our local businesses, farms and vendors. A more complete listing of local vendors can be found on our website, along with the “food miles” or distance these products have traveled:

ypsifoodcoop.org/content/local-vendors.

Combining local products and foods in a gift basket could be fun to give and fun for your loved one. How about a High Tea Basket, with our Co-op Bakery scones, a package of Fair Trade tea, a Reny Picot camembert, and some heavy cream from Calder Dairy? Here's another idea: make a Baking Basket, with Westwind Milling Company muffin mixes and some gorgeous hand made wooden kitchen tools from The Wooden Spoon in Claypool IN.

Giving a reusable water bottle with the YFC logo and a gorgeous bee graphic will show your concern for pollinators, your Co-op, and our Local Honey Project. Available in red, green, silver and bronze!

Craft beers from one of the many Michigan microbreweries are always appreciated. Specialty holiday brews are available in the cooler from

not give the gift of trash-free lunches, with beautiful up-cycled sandwich wraps and snack packs made of re-used fabrics? Cloth gift bags are also an option from The Eventual Farmer's Keri Middaugh.

The warm glow of pure beeswax candles is a gift that will last for a long time. We have many styles of candles, including pillars, balls, and more, many hand made by Maria of Poppy Candles.

While not locally made, YFC has a beautiful selection of colorful Fair-Trade woolens. Keep your loved one warm this winter with lined wool hats, gloves, mittens, and scarves.

In our Co-op Gifts Alcove, there are many more options. A popular item: hand-crocheted Spiral Dishcloths

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Can't figure out what to get?
Never fear! Your Co-op has gift cards for your giving pleasure!



many of our beloved local breweries.

A favorite vendor at the Co-op is The Eventual Farmer. Why

Spotted Dog Wine Tasting on Dec 14

Your chance to try the delicious wines from Saline Michigan created by Spotted Dog Winery. These vintners are offering red, white, and cranberry wines to taste from among their other selections. Spotted Dog also produce the Ypsilanti Freighthouse Wines. Every bottle purchased supplies the Friends of the Ypsilanti Freighthouse with a \$4 donation towards re-opening the venue. Spotted Dog Winery is our featured Local Vendor of the Month! The tasting is open to all shoppers.



Spotted Dog Winery

Saline, Michigan | spotteddogwinery.com | (734) 944-wine

Board Adopts Policy Governance

—Liz Dahl MacGregor, Board President

Craft Beers & Microbrews



Maggie's
FUNCTIONAL ORGANICS
SINCE 1992

Co-op Wear.



If you were at the General Membership Meeting or read my letter in the YFC Annual Report, you might know that the Board of Directors started implementing something called Policy Governance last year. And maybe you've wondered how that's been going. Maybe you haven't. The Board thought you might like to know anyways.

We started last year spending some time investigating policy governance or PG. We spent a lot of time discussing what it would mean to have PG, how it might benefit the Board and the Co-op, and how we might go about implementing it. (The ten principles of Policy Governance are explained well in the article "Taking Policy Governance to Heart" at www.cooperativegrocer.coop/articles/2009-04-26/taking-policy-governance-heart.)

After much mulling, the Board decided that we would officially adopt PG.

In order to use PG, we needed policies. We got those policies by creating a policy register. In June, the Board met for a day with a consultant from an organization we've been working with called CBLD. We started with

CBLD's template policy register. We examined 24 policies, pondering whether we as a Board could accept any reasonable interpretation of them. We tweaked some of the language. We haggled a bit. And we ended up with a policy register.

Then a couple Board members compared the policy register with the Co-op's bylaws to make sure we wouldn't be violating them. The Board then took some time to review the changes. In September 2013, the Board officially adopted a policy register.

This set of policies tells our general manager what the Co-op needs to achieve. It includes policies about asset protection, treatment of consumers, and member rights and responsibilities. It also tells the Board how it should function. And it tells the Board of Directors and the GM how they should interact.

Going forward, the Board will be making decisions strategically using this framework. We'll start getting monitoring reports from the GM, and figure out if she's in compliance

with the adopted policies. It's our job to hold her accountable, and these policies give us a way to do that. They also help us hold ourselves accountable and remind us that we're ultimately accountable to the member-owners.

Right now, we're spending time thinking about each policy in detail: We're thinking about things like how does compliance with this policy look? What might be an unreasonable interpretation of this? Basically, we're figuring out how this works in practice.

The policy register is missing one key policy: the ends. The ends are a policy that describe what we hope to accomplish. At the end of the day, the Co-op is more than just a grocery store. We're a cooperative. We exist to create a difference in the world. We strive to provide a benefit and value on behalf of our member-owners. Our ends statement should sum that up: As a result of all the work the Co-op does, what do we hope to see? Figuring that out is our next step. We hope to hear from you as we try to answer it.

Holiday Gift Ideas from your Co-op!

made by Nancy Peeters of Kalamazoo.

Make a special someone a "coupon" for a shared Italian feast! You could feature Al Dente Pasta and *Sauces by Monique* from Whitmore Lake. Complete your menu with a Co-op Bakery baguette and a dry Michigan red wine.

The Co-op carries fair-trade apparel items from Maggie's Organics here in Ypsilanti. Give wool socks from Maggie's to warm the heart AND the sole!!!

For stocking stuffers, think Mindo Chocolates or a bottle of Ray's Polish Fire hot sauce.

Don't forget to pick up a 2014 Calendar from Growing Hope and your holiday (not to mention the year to come) will be all set.

As a Co-op shopper recently observed, "Let's help Main Street, not Wall Street!" this holiday season, by shopping local!

December Events

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Wednesday December 4 6:00-6:45pm

New Member Orientation

"Get to Know Your Co-op!" with a presentation and tour of the Food Co-op. Join in December and receive a free month of benefits PLUS a free baguette from the Bakery! 12% grocery discount for attending orientation!

Think Local First launches SHOP LOCAL WEEK Dec 6!

Choose Local and Independent this Holiday Season! Info on Depot Town Events, Downtown Ypsilanti "December Days" & more below:

Friday December 6, 6pm

Tree Lighting at Library Park Plaza

Join the Ypsilanti Community Choir in singing carols, visit with Santa, enjoy hot cocoa and cookies, and then warm up inside the library at the Sustainability Film Series!

Friday December 6, Potluck 6pm, Film 7:00pm

Film: "The Economics of Happiness"

Downtown Ypsi Library, 229 W Michigan, Ypsilanti

Immediately follows the 6pm Growing Hope Community Potluck—please bring a dish to pass! Part of the Sustainability Film Series co-sponsored by the Co-op, YDL, Growing Hope and Transition Ypsi, "The Economics of Happiness" focuses on the mounting research which supports the happiness quotient of localization.

December 6, 5 pm

First Friday Bizarre Bazaar

Bona Sera, Michigan Ave at Washington, Ypsi

View some local art, enjoy some good food, and support the Downtown Association of Ypsilanti.

Saturday December 7, 14 and 21, 10am-2pm

Winter Farmers Market

Adams School, Prospect Street at Oak, Ypsi

Vendors will be offering winter vegetables, breads, pies, sweets, and holidays crafts in abundance!

Saturday December 7, 5:30pm

Tree Lighting in Historic Depot Town

Join us in Depot Town as we light the tree together! Enjoy carolers, complimentary cookies & cocoa at your Co-op!

December 9-14

Reindeer Drawffle....Participating Downtown Merchants

Visit Ypsilanti's downtown shopping district and participate in a drawing at stores for prizes. Simply fill out a registration form and drop it in the designated box/jar. Come back each day to enter. Prize winners announced at each store on 12/16/13.

December 14, 6-10 pm & December 15, 12:30-4:30 pm

Ypsilanti Meals on Wheels Holiday Home Tour

Support our local food service to homebound seniors by purchasing a ticket to this year's Holiday Home Tour which will focus on the downtown. Tickets are \$40 for Saturday & Sunday or \$15 for Sunday only. More details: <http://ymow.org/fundraising-events/holiday-tour-downtown-stroll/>

Saturday December 14

Santa Visits Depot Town

Time TBA

Tuesday December 24, 5pm and December 31, 7pm

The Co-op will close early for the holiday.

Wednesday Dec 25 and Jan 1, 2014

Co-op closed

Candles Made from Palm Oil at YFC?!

—Colin Fraser, Coordinator

I was caught off guard with some major red flags going up in my brain when I was looking through the candle and incense section of the Ypsi Co-op. We carry Aloha Bay candles made with Indonesian palm oil.

If you are unfamiliar with the palm oil industry, it contributes to much destruction of rainforests and also the human populations of Indonesia. I've learned a lot about the suffering caused by the corporations' profiting off it. I've talked to people native to Indonesia, and shared tears with them as they told of their families' displacement, driven out of their homes by the smoke and pollution from rain forest and peatland clearance. The old-growth forest is replaced with

huge palm plantations, ancient trees are pulped, and species go extinct.

After some research, I'm ecstatic to report my misunderstanding: whereas, Aloha Bay has a factory in Indonesia, it seems to be a very generous and humane workplace, and their palm oil comes from fair-trade, small-scale operations in Brazil. They actually seem to be a very conscientious company.

I thought it would be nice to share this moment with folks, both to express my happiness with our community's product choices, but also to help spread the word about the trouble in Indonesia. It has really reached a horrific level of destruction to life on all levels, and it's causing devastation to the climate as well. For more info: <http://www.greenpeace.org.uk/forests/faq-palm-oil-forests-and-climate->



Ypsilanti Food Co-op

General Manager

Corinne Sikorski

Corinne@ypsifoodcoop.org

Editor

Lisa Marshall Bashert

lisa@ypsifoodcoop.org

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Chestnut Stuffing Recipe featuring Solar Bread

Did you know that the 30 solar panels on the Co-op Bakery provide it with 100% renewable power? Thus, we call our Co-op-made bread "Solar Bread!" We used a stale loaf of our delectable Tour of Sour, plus herbs from the Co-op's Honeybee Alley, to create this tasty stuffing for the 2012 Winter Farmers Market. You can use YFC bread to make a delicious holiday side dish using fresh Michigan chestnuts, or add nuts of your choice.

Ingredients:

- 1 loaf Tour of Sour bread, staled
- 1 pound roasted fresh chestnuts, shelled and peeled, chopped coarse (about 2 cups)
- 1 stick (1/2 cup) unsalted butter, melted
- 4 cups turkey, chicken or vegetable broth
- Salt and pepper to taste

Make the stuffing!

Roast chestnuts at 400°F until the shells open, about 40-40 minutes. Shell and peel chestnuts while still hot.

Lower oven to 325°F. Transfer the chopped stale bread to a large bowl. Add the chestnuts, tossing the mixture well.



A beautiful addition to your holiday table.

Whisk together stock and melted butter, then stir into bread mixture until combined. Optional: add 2 chopped apples, or 1 pound of sautéed mushrooms, or 1 pound of sautéed, diced pancetta. Add salt and freshly ground pepper to taste.



Bake, loosely covered with a buttered sheet of foil, for 30 minutes. Then remove foil and bake until top is browned, 10 to 15 minutes more.

The stuffing may be made one day in advance and kept covered and chilled. (To prevent bacterial growth, heat stuffing to 120° before placing in turkey cavity.) Makes enough to stuff a 12- to 14-lb turkey with some extra to bake on the side.